



JH

THERAPY

CLINICAL HYPNOTHERAPIST
& PSYCHOTHERAPIST

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vâr.

Gerçekleşmesini istediği şeye dair beklere
duyan. Umudla. Dilimine Fariçadan geçmiştir
Umî kelimesiyle, sahiplik mânâsı veren vâ-
r kelimesinden oluşmuştur.

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Umîvâr garâmıya çalqarak, çimen
mahşer kabarıken bir tay sükûneti ta-
onu uyutmaya çalıştım.

Halide Edib Adıvar
Hudud

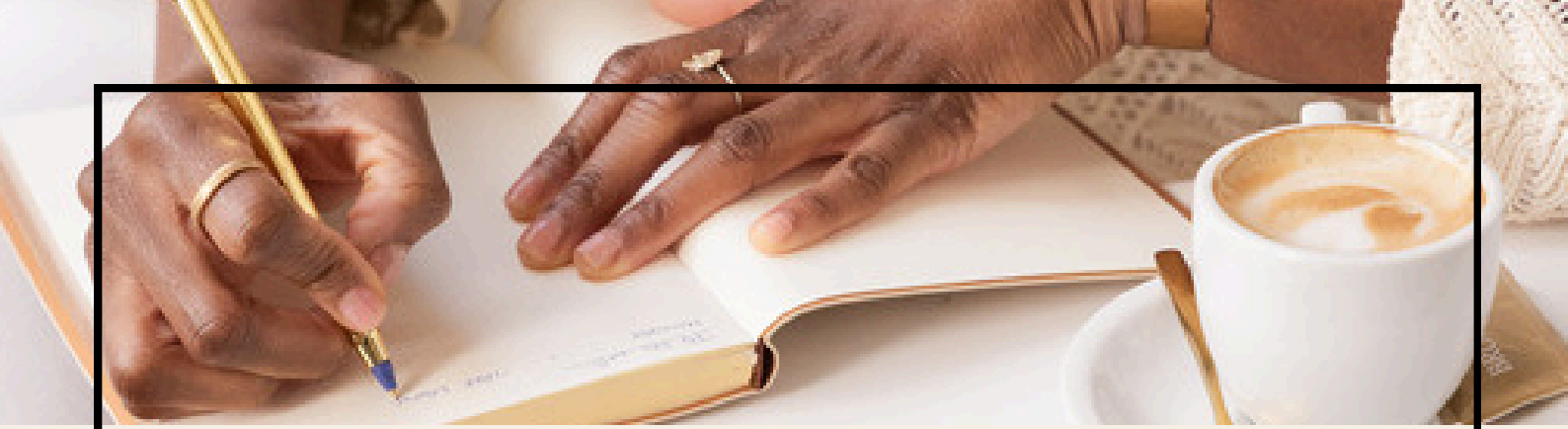


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01

Introduction

At JH Therapy, we offer a comprehensive range of services to support your mental health and personal growth. Get ready to delve into exercises that prompt self-reflection, goal-setting, and strategies for stress management and well-being. By the end of this workbook, you'll have a clearer understanding of your aspirations and a roadmap for personal growth.

02 Welcome Page

Welcome to this empowering journey! This workbook is designed with a clear purpose - to guide you towards what we as coaches & counsellors can help you achieve and live a more fulfilling and meaningful life. Your commitment to this personal transformation process is the key to unlocking a path of self-discovery and positive change.

Remember, this is your journey, and the commitment you make today is a powerful step towards living a life that reflects your true desires and potential. Let's begin this transformative process together!



03 Self-Discovery

Welcome to the Self-Discovery section, a profound journey into understanding yourself and your life goals.

Self-Reflection Exercises: Begin this journey with a series of exercises designed to stimulate your self-reflection. Answer the following questions honestly, exploring your core values, the passions that drive your life, and the desires that fuel your heart.

1. What are my core values? What principles do I hold most dear and guide my decisions and actions?
2. What are my passions and interests? What activities or subjects make me feel alive and energized?
3. What are my strengths and talents? What am I naturally good at, and how can I leverage these abilities in my personal and professional life?
4. What are my weaknesses and areas for growth? What skills or characteristics do I want to develop or improve upon?
6. What are my long-term goals and aspirations? What do I want to achieve or accomplish in various areas of my life?
7. What are my fears and limiting beliefs? What thoughts or beliefs hold me back from reaching my full potential?
8. What kind of person do I want to become? What values, qualities, and behaviours do I want to embody?
10. How do I want to make a positive impact in the world? What contributions do I want to make to my community or society as a whole?

Take your time to reflect on these questions and journal your thoughts and insights. Self-discovery is an ongoing process, so feel free to revisit these questions periodically as you continue to grow and evolve. Enjoy your journey of self-discovery!





JUST KEEP
MOVING FORWARD
A LITTLE PROGRESS
EACH DAY
ADDS UP TO BIG RESULTS

@jh_therapies

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Gerçekleşmesini istediği şeyi dâir bekleni
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Ümit kelimesiyle, sahiplik manası veren -vâr
-vâr kelimesinden oluşmuştur.

“

Umîdâr garâmîye câhîrâk, çâmî
mahşer kabûrîken bir tay sükûneti ta
onu uyutmaya çalıştım.

Habîbe Edîb Adîvar
Habîbe

04

Goal Mapping

Inspirational instructions for goal mapping:

1. Start by brainstorming your long-term goals: Think about what you want to achieve in various areas of your life, such as career, relationships, health, personal growth, and finances.
2. Break down your long-term goals into smaller, actionable steps: Identify the specific actions and milestones that will help you move closer to your long-term goals. These could be daily, weekly, monthly, or yearly tasks.
3. Visualize your goals: Create a visual representation of your goals using images, drawings, or symbols or even better yet- A Vision Board. This can help you better understand and connect with your goals.
4. Prioritize your goals: Determine which goals are most important to you and prioritize them accordingly. This will help you focus your time and energy on what matters most.
5. Set deadlines: Assign deadlines to your goals and action steps. This will create a sense of urgency and help you stay motivated and accountable.
6. Reflect and adjust: Regularly review your goals and progress. Reflect on what is working well and what needs adjustment. Be flexible and willing to adapt your goals as needed.
7. Stay motivated: Find ways to stay motivated and inspired throughout your goal mapping journey. This could include setting rewards for achieving milestones, surrounding yourself with supportive people, or seeking inspiration from books, podcasts, or videos.

Remember, goal mapping is a personal process, so feel free to customize these instructions to suit your own style and preferences.



05 Stress Management and Well-Being

Daily Stress Management Tips;

1. Start your day with a healthy routine: Set aside time in the morning for activities that promote relaxation and well-being.
 2. Prioritize tasks: Make a to-do list and break larger tasks into smaller, more manageable steps.
 3. Take regular breaks: Allow yourself short breaks throughout the day to rest and recharge.
 4. Practice deep breathing: Take a moment to focus on your breath for instant calm.
 5. Engage in physical activity: Find activities you enjoy and make them a part of your daily routine.
 6. Connect with nature: Spend time outdoors to reduce stress and promote well-being.
 7. Practice mindfulness: Be fully present in the moment and observe your thoughts and emotions.
 8. Limit exposure to stressors: Identify sources of stress and take steps to limit your exposure.
 9. Practice self-care: Engage in activities that bring you joy and relaxation.
 10. Get enough sleep: Prioritize quality sleep for overall well-being.
- Remember, find what works best for you and prioritize self-care to manage stress

06 Conclusion


Whether you want to improve your relationships, enhance your career, boost your confidence, or overcome obstacles, I am here to provide you with the tools and strategies you need to thrive. With our support, you can uncover your passions, overcome self-limiting beliefs, and develop a mindset of growth and abundance.

Invest in yourself and embark on a transformative journey with my personal life coaching services.

Let JH Therapy help you tap into your full potential and live a life of purpose, fulfilment, and happiness.

Follow our social media platforms for updates, ideas and schedule a session with us today and take the first step towards positive change.

www.jhtherapy.com
@jh_therapies
0421 544 248



You create the world you see
~ Your Free Journal Below to Support Your
Growth



Benefits of Journaling

1. Emotional release: Journaling allows you to express and release emotions that may be difficult to articulate otherwise. It can provide a healthy outlet for processing and managing emotions.

2. Self-reflection and self-awareness: Through journaling, you can gain a deeper understanding of yourself, your thoughts, and your behaviours. It promotes self-awareness and helps you identify patterns and triggers.

3. Stress reduction: The act of writing down your thoughts and feelings can be cathartic and soothing. It can help reduce stress and promote relaxation.

4. Problem-solving and clarity: Journaling can help you gain clarity on complex issues or challenges. Writing about a problem or dilemma can often lead to new insights and potential solutions.

5. Personal growth: Regular journaling can facilitate personal growth and development. It can help you identify goals, track progress, and work towards becoming the best version of yourself.

6. Enhanced creativity: Journaling can spark creativity and inspire new ideas. By engaging in free writing or exploring different perspectives, you can tap into your creative potential.

Remember, journaling is a personal practice, and there is no right or wrong way to do it. Find a style and approach that resonates with you, and let your journal be a trusted companion on your journey of self-discovery and personal growth.



Journal

Date: ../../....

Today's overview, challenges and what went well ...

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What made today great & what can I do to make it even better?

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Today I am most grateful for ...

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Tomorrow what I plan to make the day great?

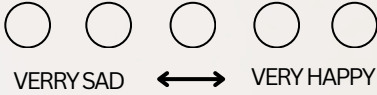
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Daily Journal

Title: _____

Date: _____

Mood/Emotion Tracker



Space for Creativity

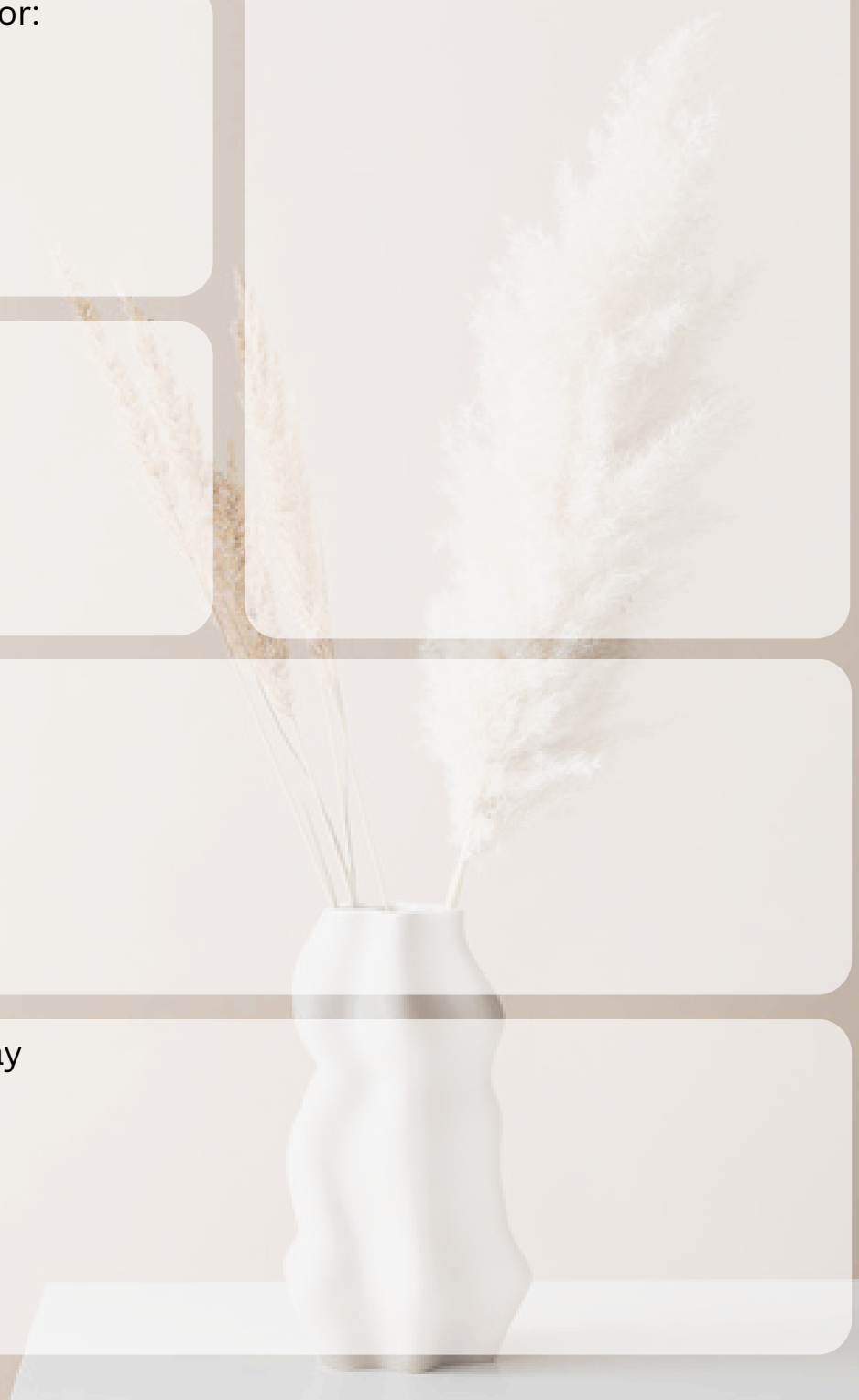
(DOODLES, ILLUSTRATION, TEXT, ETC)

Things that I am grateful for:

My Goals and Intention:

Reflections:

What I accomplished today



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